

Breaking Free: My Journey from Food Addiction to Hope

By Jonathan Olvera

For much of my life, food was more than just sustenance—it was my comfort, my refuge, and my sense of security. Each day revolved around eating: sugary biscuits in the morning, bowls of cereal, pork rinds, chips, and endless sodas. Food was my constant companion, especially as I lost friends to the darkness of the world. While others struggled with different demons, mine came in the form of overeating.

Eat, eat, eat—I ate all the time.

As the years passed, the weight piled on. By the time I turned thirty, I barely recognized myself. My body felt like a prison, burdened by excess skin and fat, and no matter what I tried, I couldn't seem to break free. Diets failed. Exercise felt futile. I was trapped.

But then, I found faith.

Through the pages of the Bible, I began to see that my dependence on food was harming me. I wasn't just fighting weight gain—I was battling something deeper. I needed a way out.

Work kept me busy, especially with large steel orders coming into the city, but my mind remained focused on finding a solution. Surgery became a real consideration. Could it be my answer?

I prayed. I meditated. I learned the power of fasting. And soon, I gathered the courage to step into a church, to greet my elders, and to admit what I had been too ashamed to say for years—I had an obesity issue, and I needed help.

Taking control of my life meant more than just surgery; it required a complete transformation. I enrolled in an online school, shifted my habits, and faced my greatest enemy: the refrigerator. I combed through my contacts, seeking guidance, and finally, I found a local surgeon willing to help.

The day I went under the scalpel was the day I reclaimed my life. The fat that had weighed down my body—and my spirit—was no longer an issue.

Now, I look forward to the future with hope. I see possibilities I once thought were out of reach.

To anyone struggling as I did—know that change is possible. It takes courage, faith, and the willingness to fight for yourself.

Thank you, readers, for your support.